



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 09014, Apples, frozen, unsweetened, unheated

Report Date: July 01, 2017 12:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	86.85	6	0.154	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	201	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.28	6	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.32	6	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.24	6	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	12.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	09004	07/2010
Sugars, total	g	10.10	--	--	--	--	--	--	--	--	Calculated or imputed	09004	07/2014
<strong>Minerals</strong>													
Calcium, Ca	mg	4	6	0.487	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Iron, Fe	mg	0.18	6	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	3	6	0.326	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	8	6	0.242	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	77	6	2.092	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	6	0.302	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.05	6	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.058	6	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.169	6	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.1	6	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Thiamin	mg	0.013	6	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.011	6	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.042	6	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.054	6	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.034	6	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	1	6	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	1	6	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	34	6	6.509	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total polyunsaturated	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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18:2 undifferentiated	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Phenylalanine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Serine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982